The Lions' Pride

Saint Leo University • Friday, November 17, 2017 • Volume LVII No. 12 • Since 1965

Deserving Vets Get Saint Leo's Best

By John Hall
Layout Editor

On Thursday, Nov. 9 the University Campus was emblazoned with various forms of appreciation for Veterans that are a part of and around the Saint Leo Community.

The Department of Military Affairs and Services, under the direction of Colonel Pamela Martis, stationed several staging areas around the Student Community Center and the SCC Bowl. Representatives from several local organizations such as Career Source Pasco Hernando, Pasco Sheriff's Office, and Pasco County Housing Authority were available to assist veterans and students alike with their services. Food was provided for the event by U.S.A.A and a game room was set up where veterans were notably seen playing Super Smash Brothers.

One of the veteran students in the game room, Senior and Computer Science major Norman Widamen, was excited to be a part of organizing the day's festivities. Widamen encourages all student veterans to seek the veteran-friendly aspects of the school and to touch base as often as possible. As Widamen transitions out of the University, he said his primary goal is the promotion of Omega Delta Sigma – the co-ed fraternity nationally recognized for veterans

Associate V.P. of Facilities Managemnent Jose Caban brought 70 canvases out for painting, which were dwindling quickly throughout the day.

High-spirited and poised for the opportunity to share their experience was Dr. Diane Scotland-Coogan, Assistant Professor in the Master's program of Social Work at Saint Leo. Scotland-Coogan has created a non-profit organization (K9 Partners for Patriots), where dogs are provided to veterans suffering from Post-Traumatic Stress Disorder (P.T.S.D), military sexual trauma, and mild traumatic brain injury.

The program is a 19-week module, during which time the participants will train their dogs under the guidance of the organization. Training of the pets by their potential owners serves a significant role in the healing process of veterans suffering from the aforementioned disorders.

"What we're finding is, and I'm testing them in the beginning for trauma symptoms, and at the end when they finish, they are significantly improved in all trauma symptoms," said Dr. Scotland-Coogan.

Periodically throughout the tenure of the event, Colonel Martis was seen engaging students and veterans alike, fostering an even broader sense of Community. Col. Martis lauded the event as a success and, in addition to the numerous vendors onsite, students from Marion Academy in Ocala also came down to put on a drill display.

"The event provided a way to say thank you to all veterans, whether faculty, staff or student and to bring them even more in touch with the community around them," continued Martis.

Martis relayed her disappointment in the scheduled flag football exhibition match (slated for the night before between student veterans and fraternal organizations), as it did not happen. Martis said the Greek organizations were "no shows," nevertheless the student veterans will be waiting for the chance to meet head to head on the field.

Additionally, other members of staff assisted in making the day a success. Director of Multicultural Services Paige Ramsey-Hamacher was seen with several persons making rain sticks and dream catchers. Associate Vice President of Facilities Management, Jose Caban, instructed participants in the production of several beautiful pieces. Caban, who has been a part of the Saint Leo community for some time, stated that he had been

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Photo by John Hall

President William Lennox and Sophomore Biology Student Nicholas Fox spent a few minutes "interpreting" the meaning of the painting Fox had made.

Veterans: The True Heroes

By Kadyann Stupart
Facebook Manager

Saint Leo University observed Veterans Day on Friday, Nov. 10 with a commemoration held in front of the "For Those Who Serve" statue. The ceremony saw a large turnout which consisted of students, professors, and military members and their families.

Dr. Michael Moorman, Professor of Computer Science, commenced the celebration with a few opening remarks, shortly followed by the presentation of colors by Saint Leo University's U.S. Army ROTC. The opening remarks were accompanied by a moving performance of the "Star Spangled Banner" by Criminal Justice major, Amber Mott.

Father Kyle Smith, the chaplain of University Ministry, offered the invocation followed by this year's student veteran speakers, Private First Class in the U.S. Army from 2006 to 2009, Eric Cox, and Petty Officer Second Class in the U.S. Navy Reserves from 2003 to 2013, Jennifer Harman.

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Photo by John Hall

The Veterans Day Ceremony drew a large crowd within and around the Saint Leo Community.

Editorial

Destroying Future Careers, One "Like" at a Time

By Jaquelyn Diaz-Cobo
Contributing Writer

Today, 81 percent of Americans have a social media account in 2017, according to Statista. This statistic is including, but not limited to Facebook, Instagram, Twitter, and LinkedIn. These are all components that contribute to being "socially active" in society today. Most people now create their social media accounts as young children and keep them active as they grow older.

Having a social media account can be a deal-breaker for companies and organizations looking to hire new employees. Most don't realize that when they post to their social media accounts, even if they delete the post, it lives on the Internet forever.

Employers use people's social media accounts as tools to further investigate their applicants to get a first impression of the people they are considering for hire. Moreover, candidates searching for jobs need to be more aware of what they are posting online. Big corporations will look through applicants' Facebook accounts to determine their employment status; an example of a major corporation that does this is Allstate.

"Social media can define someone's application status," said Olga Otero, a Director of Talent Management and Human Resources for Allstate.

Examples of inappropriate online posts can consist of irresponsible drinking, doing illegal drugs, provocative pictures, inciting hate speech, and much more. Even if a post is years old, it can still be taken into consideration.

However, social media can also be used as a positive platform even to help people find jobs and internships, such as what LinkedIn does. LinkedIn is a social media app that big name companies can post job opportunities on for potential candidates for hire. Prospective employees can use the app to post their resumes and interests and to contact potential managers. This can be used as a positive way to find a job.

Facebook can also be positive in some ways if used professionally, such as by posting about hobbies or family-oriented pictures or quotes. Potential hiring managers look for candidates that are organized and well-rounded individuals as well. Social media supplements both of these and can help boost one's position during the application process if used appropriately.

Today, more businesses are checking social media accounts as a way to fact check people's resumes. More often, they are checking status updates to make sure that applicants are maintaining the lifestyles they have indicated on their resumes and applications. If their online personas do not coincide with the documentation they have provided, they are sometimes simply thrown away, and they move on to vetting another candidate for the job.

It has become an endless cycle of how many people are not getting hired as easily as they used to, and it's by their own doing. People that are looking for jobs are finding themselves more and more reliant on unemployment aid due to their inability to be professional and appropriate on their social media accounts.

This is becoming one of the leading issues of employment and unemployment today. Many find themselves without a job and don't know the reason why. Executive boards are responding and reaching out more to the community to enlighten future employees to start paying more careful attention to what they are posting on social media. For example, from the get-go, companies and employers are stating on their applications that they will check through everything relating to a potential employee.

Social media has an extensive impact on a person's well being and their job or career. It has the ability to make or break an opportunity that could change a person's life with just one click. This issue has become a leading factor in unemployment. Social media can also increase a person's chances of earning a job or being offered opportunities by using the appropriate techniques and the right apps. Social media will continue to grow as we continue to expand the Internet and its endless possibilities of making connections.

Here's what you missed online this week at www.lionsprideonline.com

Veteran's Day Ceremony

Touchdowns for Tata's

Friday, Nov. 10 University Campus recognized student, staff and faculty veterans, along with all others within in the Community. Congressman Gus Bilirakis gave the keynote address to a high spirited crowd.

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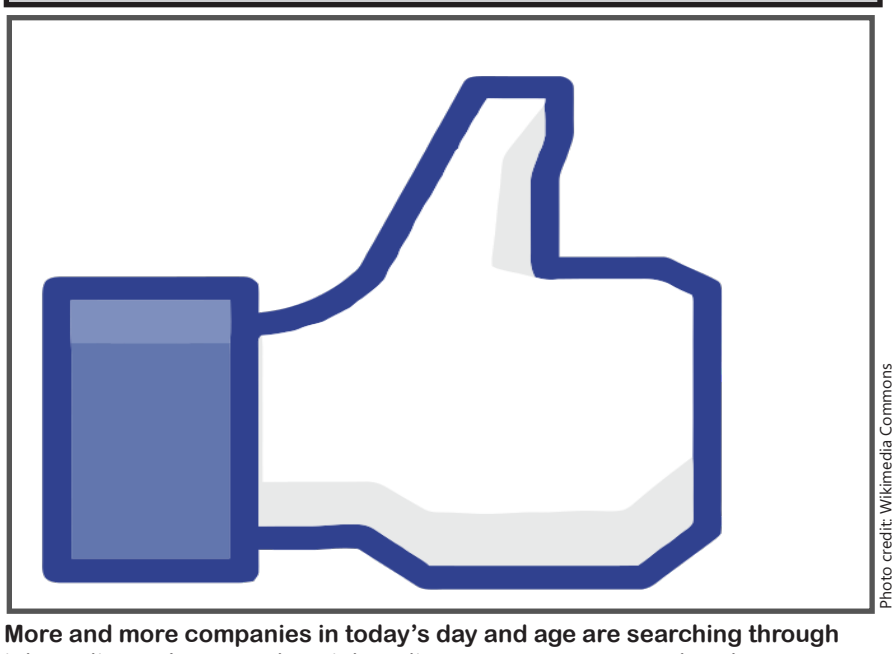

Photo credit: Wikimedia Commons

More and more companies in today's day and age are searching through job applicants' personal social media accounts to ensure that they are respectable and will make positive additions to the workforce.

Campus News

Deserving Vets

Continued from Page 1
painting for the past four years, during which 13 paintings were showcased in the Fine Arts building and 30 pieces in other locations around campus.

Though he is not a veteran, Caban stated, "I just want to help out in any way I can!"

Caban added that last year they produced 50 pieces with the canvases brought to the event, and this year the 70 canvases he had brought were dwindling quickly within the four hours he had spent on site. Surprisingly, as Sophomore and Biology: Biomedical Science student Nicholas Fox finished his canvas, President Dr. Lennox walked up and inspected his painting giving praise with one word: "Outstanding!"

The unexpected by-product of the day's efforts materialized with students like Fox, who said that he "found the art therapy as a great way to relax during the high tension at this time of the semester."

"It was a fantastic experience meeting student veterans, as well as other veterans connected to Saint Leo as it gives me the feeling that I am a part of a large and diverse community," Fox continued.

Dr. Lennox continued to the other stations with an effervescent smile as he too is a veteran. When asked his opinion on how the day had materialized, Lennox stated: "I think it was a great opportunity to say thank you to the folks that served."

Indeed, the energy and effort that went into the planning of the day's event reaped rewards of an intangible measure from both volunteers and participants.

Veterans: The True Heroes

Continued from Page 1
When asked about how she feels to be a veteran attending Saint Leo, a university which places strong emphasis on our American heroes, Harman stated, in comparison to previous schools she's attended, she has never had the opportunity to connect with student veterans until she came to Saint Leo's University campus. She went on to state that one of her objectives as a member of the Student Veterans of America is to try to get the students not physically on campus connected as well.

Vice President Quinn provided welcoming remarks before enthusiastically introducing this year's guest speaker, Congressman Gus Bilirakis, a member of the U.S. House of Representatives for Florida's Twelfth Congressional District. Congressman Bilirakis, who is also the Vice Chairman of the Veterans' Affairs Committee and the Co-Chairman of the Military Veterans Caucus, gave a patriotic and heart-warming speech centered on the true American heroes of the United States, our veterans.

In the opening of his speech, he described the stirring incident of how his close friend, Everett Alvarez, a former U.S. Navy Commander who endured longer than eight years as a Vietnam prisoner of war, met actor John "The Duke" Wayne at a reception in 1973 held by President Nixon in honor of former Vietnam prisoners of war. While sitting next to Wayne during the dinner, Alvarez noticed that the actor was teary-eyed and asked why he was crying, to which Wayne responded, "because you're the hero, I just played one on TV."

Following this anecdote, Congressman Bilirakis stressed the importance of "[making] sure that our children recognize that our true American heroes are the veterans, not the movie actors, or the athletes and certainly not the politicians."

When asked what he thinks Saint Leo students can do to stay more informed on Veterans issues, he replied that they should have a link to the legislative process, particularly a national level. He encourages student veterans to keep in touch with his office because their input is valued since they are the future.

Regarding Saint Leo's annual Veterans' Day commemoration, Congressman Bilirakis found it wonderful how much importance the university places on the national holiday, and he was also impressed with the number of veterans who attend Saint Leo whether they are students on ground or online.

The event concluded with a lovely rendition of "Arlington" by Management major, Eddie Gemma, and then "God Bless America," performed by English-Professional Writing major, Olivia Callahan. As the song encouraged, "let us all be grateful for a land so fair," as well as our veteran heroes.

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Photo by Wakens Leonard

Congressman Gus Bilirakis pledged to keep in close contact with Saint Leo University and the Department of Military Affairs and Services.

National

California Bans Puppy Mills

Victoria Calvillo
Contributing Writer

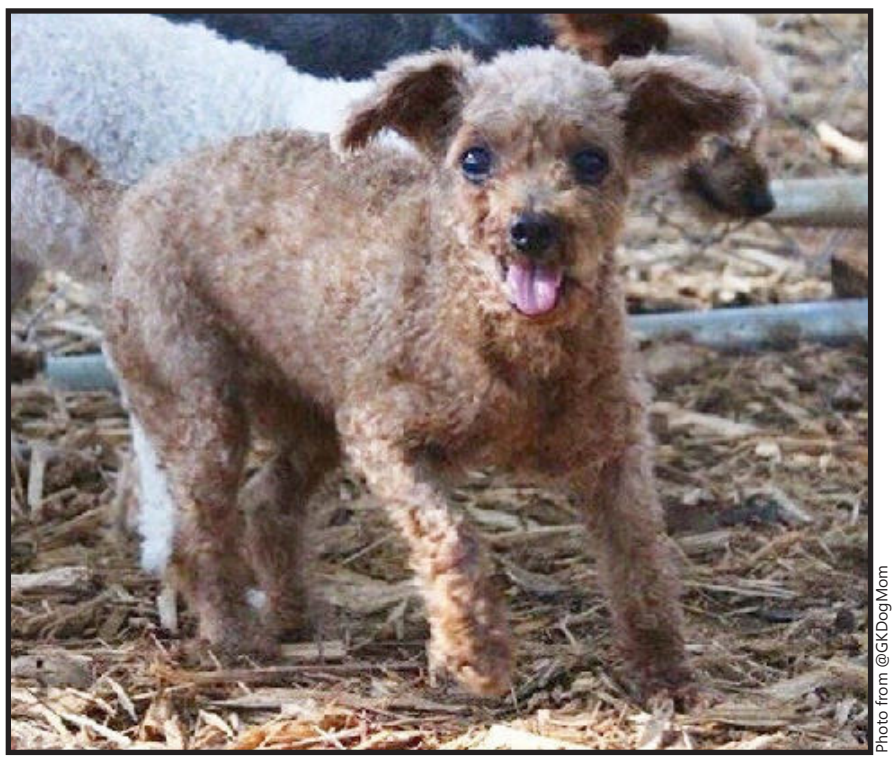


Photo from @GKDogMom

Faith was surrendered with 20 other dogs from a puppy mill in Georgia. She is about nine years old and has lived in such bad conditions for her whole life that she has few teeth left due to improper care.

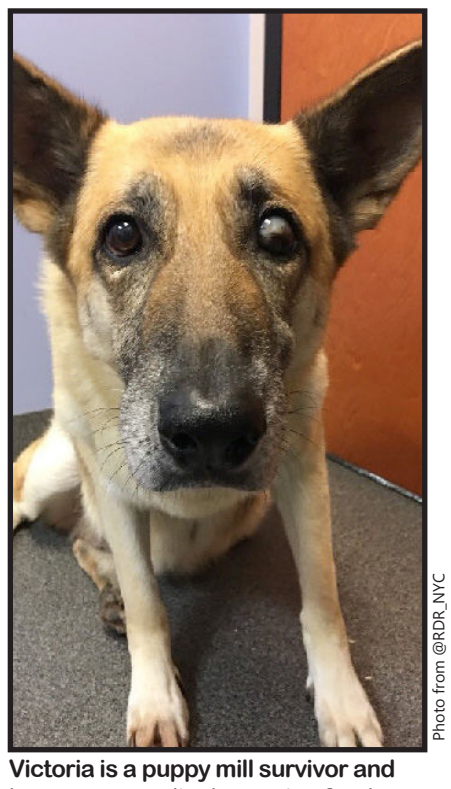


Photo from @RDR_NYC

Victoria is a puppy mill survivor and has gotten medical attention for the first time, and is now diagnosed with degenerative myelopathy.

Photo from @DCReportMedia

According to the Humane Society of the United States, there are about 10,000 puppy mill facilities (both liscensed and unlicensed) in the United States, and it is estimated that 1.2 million dogs are euthanized in shelters every year.

Behind many of the world's cutest faces could be a dark past. Puppy mills are very common, and there are thousands all across America. In these institutions, the profit made from selling the puppies are the main priority, even above the well-being of the animals.

The American Society for the Prevention of Cruelty to Animals, (ASPCA) describes puppy mills as overcrowded and inadequate conditions for pets. Puppy mills do not provide the proper medical care, enough food or water, or adequate recovery time for mothering dogs. Female dogs are used for breeding at every opportunity, in which case the puppies are then taken away at the young age of eight weeks to be sold to various locations, such as pet shops.

Sasha Alcorn, advanced literary studies major with a minor in journalism and creative writing, agrees that the conditions of dogs in puppy mills are unethical.

"That's awful, why would someone do that to an animal? It breaks my heart, they're helpless animals, they can't fight or protect themselves," Alcorn commented. "I would have thought they would have shut those places down by now."

These dogs cannot speak for themselves and need human help for the abuse to stop. The state of California recognizes this and has become the first state to ban puppy mills. According to CBS Los Angeles, any stores wanting to sell dogs will now have to work with rescue facilities.

This means that they will now have to sell rescued dogs, instead of ones they get from puppy mills. The ban also includes the sale of rabbits and cats.

"I think they were right to do that. I like that they banned those places because they [dogs] get neglected. They're cute little puppies, and they deserve to be loved and cared for," commented Christina Moyer, a religion major.

TODAY mentions that Governor Jerry Brown Friday passed this law to ensure better treatment of animals, and the ban will take full effect on Jan. 1 of 2019.

The online news site also mentions that any store not abiding by these rules by 2019 will face a $500 fine for each pet sold.

TODAY also adds that this is a huge win for animal lovers and that the Humane Society and ASPCA are in full support of the ban.

Florida is also a state that has many strict laws, including laws on the selling of pets. Florida pet stores must give consumers background information on where the dogs come from.

According to the online newspaper, Miami Herald, the city of Miami is cracking down on pet store policies. The city is taking similar steps to California and are banning mass breeding facilities to sell animals, including puppy mills. Animal shelters and rescue facilities will still operate regularly, and this ban will allow more people to rescue since 99 percent of pets that are sold from pet stores are from places like puppy mills.

This choice was inspired by the 65 animal rights advocates that stood in front of commissioners and spoke out for the helpless animals. They shared stories about the life that pets go through in these conditions and shared videos of unkept dogs in puppy mills crying for help in much too small cages.

The state of Florida currently has no laws prohibiting the operation of puppy mills; however, maybe Miami will influence some changes for the rest of the state to get behind as well.

Campus News

The Perks of Staying On Campus During Thanksgiving

By Kyshonna Bethel
Contributing Writer

Thanksgiving break is a period many college students excitingly anticipate. Coming down to the homestretch of the fall term, most students are worn out and many homesick. For these reasons, this week long pause in the semester before final exams is just the breather needed to finish off the term strong.

Due to its length, a number of students are afforded the opportunity to go home and spend time with their families. Some students, because of proximity, accompany friends to their homes and families. However, there is still a significant amount of students that have no other option but to stay on campus because they either do not have the funds or convenience to travel.

While some people just do not have the alternative to leave campus, others feel that it is illogical to invest in leaving when the succeeding holiday break is just two weeks after. Moreover, some students just feel that going home would be a distraction from completing and preparing for final projects, and studying for final exams. Nonetheless, those that decide to remain on campus are ensured a week filled of interesting activities.

According to Paige Ramsey-Hamacher, the Executive Director for Student Success, the university creates a four-day schedule for students that remain on campus during Thanksgiving break.

The schedule begins on that Monday with a trip to Walmart.

"We make sure that they have something to eat in their rooms. They are able to go and get food and items they might need for their room so that they have stuff for cooking and anything else because the dining hall is also closed during that timeframe," stated Ramsey-Hamacher.

On Tuesday, there is a trip to The Shops at Wiregrass and on Wednesday, there is a free trip to Busch Gardens. Paige explained that the tickets for the Busch Gardens trip could be claimed on saintleotickets.com. She accompanies the students on the trip and exclaimed that although the tickets are often sold out, the one bus ordered for the trip is seldom full.

"I would love to have that bus be filled though, to make sure that everyone takes advantage of that. I even tell students that if they are not here or are local, they can still come," said Ramsey-Hamacher.

The Multicultural and International Services Office (MISO), along with Student Activities, organizes and executes the events on Monday through Wednesday. These activities allow students to have the option of getting out of their dorms and interacting with others instead of being alone all week by themselves.

The week of events ends on Thursday, Thanksgiving day. Paige clarified that the Social Work Club in partnership with the Benedictine Sisters and Saint Anthony's Parish prepare a full, traditional Thanksgiving dinner for the students.

Photo provided by Benedictine Sisters of Florida

The Benedictine Sisters and Social Work Club provide a full, traditional Thanksgiving meal for the community, inclusive of those students left behind during the holiday.

"The Benedictine Sisters do all the cooking and then the Social Work Club and University Ministry works closely together with them to be able to help facilitate that for the students," said Ramsey-Hamacher.

They organize for a bus to come and collect those who wish to partake and transport them to Saint Anthony's Parish. Also, in special circumstances, such as someone who is ill or unable to leave campus, they would deliver the food for them.

This complete list of events are located all around campus on the life-size calendars of events and an email is also sent to students concerning the specifics of the activities and Thanksgiving dinner.

Whether it be to go home or with a friend to their house, leaving campus for the week is just not possible for everyone. However, the faculty and organizations here at Saint Leo do an extremely impressive job at making the students feel at home throughout the holiday. This is just another way that our university caters to the whole student outside of their academic needs. Therefore, students, especially freshman and those who are not from this country, have no need to worry because enjoyable and exciting options exist for students who remain on campus during Thanksgiving break.

For more information on activities during Thanksgiving break visit the Office of Multicultural and International Student Office in The Student Activities Building Room 216.

Photo by: @WFLARyan

Tampa's Premium Outlets are a common stop for students that remain on campus during Thanksgiving. This year the scheduled date for the trip is Tuesday, Nov. 21, tickets are available online at Saintleotickets.com.

Photo by: TourAmericaTV

Wednesday, Nov. 22 students are treated to a FREE trip to Busch Gardens, where they are afforded the ability to enjoy the amusement park in its entirey.

Arts & Entertainment

It Gets Even "Stranger"

"Stranger Things" Season Two Review

By John Hall
Layout Editor

Netflix has begun streaming the second season of the critically acclaimed television show "Stranger Things." The series stars several young actors that have proven themselves worthy of praise. Amongst them are; Millie Brown (Eleven) a young girl with mysterious telekinetic powers, capable of incredible feats. "El" (as she is affectionately called), is the product of scientific manipulation before birth and has been groomed to explore the reaches of an alternate reality known as the Upside Down.

In Season One the audience saw the protagonist, Eleven liberating herself from her captors who had continued to exploit her psychic abilities, to her dismay. She finds comfort with four local adolescents who, (unbeknown to their parents) take her in providing her with food and shelter while searching for their friend Will Byers.

Coincidentally, Will had disappeared just before the appearance of Eleven, and for a significant part of Season One, we had presumed him to be dead. The show gained popularity over the 2016-2017 period, where it also acquired an enormous cult following. The attachment to the series revolved around the 1980's aesthetic that the show promotes at every turn. While the majority of critics praised the show for its accuracy in depicting the 1980's era, the film received harsh criticisms for appearing "too familiar."

Several scenes directly mimic movie scenes of "E.T.," "The Goonies" and other 80's styled movies and television shows, which the directors have admitted to being heavily influenced by.

Season Two has provided a more in-depth view of the world while fleshing out the main characters of the show. One of the age-old questions when comparing similar shows and movies has been, "Where are their parents?" In this season questions like these are answered, as there is more dialog between the children and their family. One such relationship exposed beautifully, was that of Lucas' (Caleb McLaughlin) sister Emily, portrayed by Holly Wheeler. With the brief moments spent on screen, the young actress stole the show and our hearts. Shoehorned into this season like Emily, is a roster of several characters who add even more suspense to the plot including a young adolescent female named Max (Sadie Sink, "American Odyssey.")

Additionally, we peered into each character a bit more and understood the dynamic of each member of the original cast as their world was opened up to us. Chief Hopper's (David Harbour), frustrated relationship with the new representatives from Hawkins National Laboratory, which exposed the town to the Upside Down. The angst of single-parent Joyce, (Winona Ryder) as she struggles to help her son Will (Noah Schnapp) to recover from his experience in the Upside Down.

The script-evolved leader of the group Mike (Finn Wolfhard) is shown somewhat broken for much of the season, as he desperately hopes that Eleven is somewhere safe. As the season continues though, Mike shows himself stronger and more logical than the other members of his group.

The other protagonists' lives are exposed and are interwoven seamlessly throughout the season, as it takes four out of nine episodes to reach a climax. What the slow progression in plot allowed for this season was an intense immersion into the lives of its characters. The anxiety of the previews and the prior season made the plot development seem arduous. However, it pays off in the end with a spectacular finale.

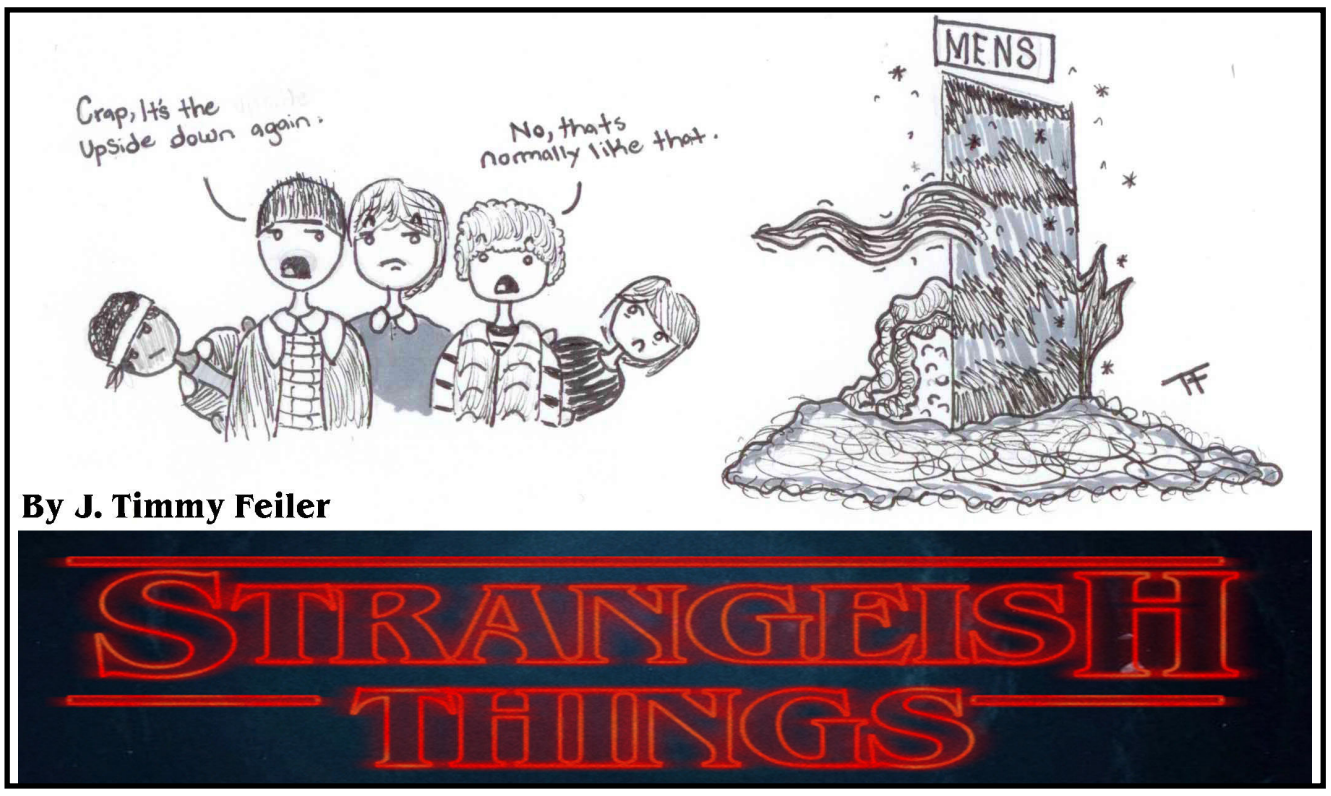
As lines connect to the previous season, a tremendous appreciation grows for the series surpassing the first impressions the show had made. "Stranger Things" overtly shows us that it is more than a collective totem of 80's troupes and stolen aesthetics, by proving its unique viability sans massive explosions and over-the-top computer graphics.

The script continues to build solid rapport between the characters, despite expanding the shows list. The direction is immaculate with camera angles that are simple while providing tiers of understanding within the approximate 55-minute runtime of each episode. The net result of the cast and crew's effort is another great season of "Stranger Things," with the only flaw centered on the year-long wait for the Season Three.

Season Review Score:
5 out of 5 Paws

Photos by @cristanhosack3

The series continued to build on the success of the previous season by fleshing out characters even more than before, allowing audiences to have more emotional investment.



Photos by @Danny

Season Two of "Stranger Things" saw the addition of many characters, who were interwoven seamlessly.

Arts & Entertainment

A Marvelous Thunderstorm:
"Thor: Ragnarok" Movie Review

Yvan Lafortune
Contributing Writer

Everyone's favorite blond superhero and god of thunder is back on the big screen. Thor's third adventure features a cast comprised of names like; Chris Hemsworth, Tom Hiddleston, Idris Elba, Tessa Thompson and Cate Blanchett as the villain. The opus follows Thor as he battles his way out of the planet Sakaar to save his home, Asgard, from his long-lost sister Hela and prevent Ragnarok. "Thor: Ragnarok" is directed by New Zealand's actor and director, Taiki Waititi, who had previous experience as he wrote the initial screenplay for Disney's "Moana." Luckily, Waititi's stint with "Thor: Ragnarok" proved to be successful.

"Thor: Ragnarok" highlights best the partnership of Disney and Marvel with its action-packed comedic filled plot. The comedic relief lightens the mood and pushes the Marvel cinematic universe into the family-oriented audience that they are trying to reach. The references in this movie make sense if one has watched the first two films or has some knowledge of comics. Once again, the chemistry between the characters of the MCU is to be praised.

Even the new characters fair well within this arc with the characters that audiencs were already familiar with. The new characters' backstories are elaborated in a way that makes the audience feel like they have always been part of the previous parts of the trilogy. Mark Ruffalo's the Hulk, and Tessa Thompson's Valkyrie provide some excellent comedic moments.

The chemistry between the characters is once again subject to much praise. The way that the action flows and the timing of the comedic lines shows the genius of the director's vision. Every scene is packed with the right ingredients a blockbuster needs to make the viewer beg for more and keep their attention. Knowing what the goal of the protagonist consists of makes the journey more fun to watch as our hero deals with the obstacles thrown at him.

Marvel has a way to make its characters appealing to the public so that the audience always root for their presence in a sequel. The audience connects so much with these characters that it is not surprising to see them land a solo movie. The existing plot holes are filled with each film that comes out in such a way that makes it hard to criticize the MCU negatively.

"Thor: Ragnarok" is definitely one of the best movies of the Marvel Cinematic Universe's phase three. Featuring some faces that we already fell in love with, coupled with some new faces who equally win our heart as the movie pans out. The serious tone of the comics' counterpart "Ragnarok" is replaced in the movie by a much more comedic background.

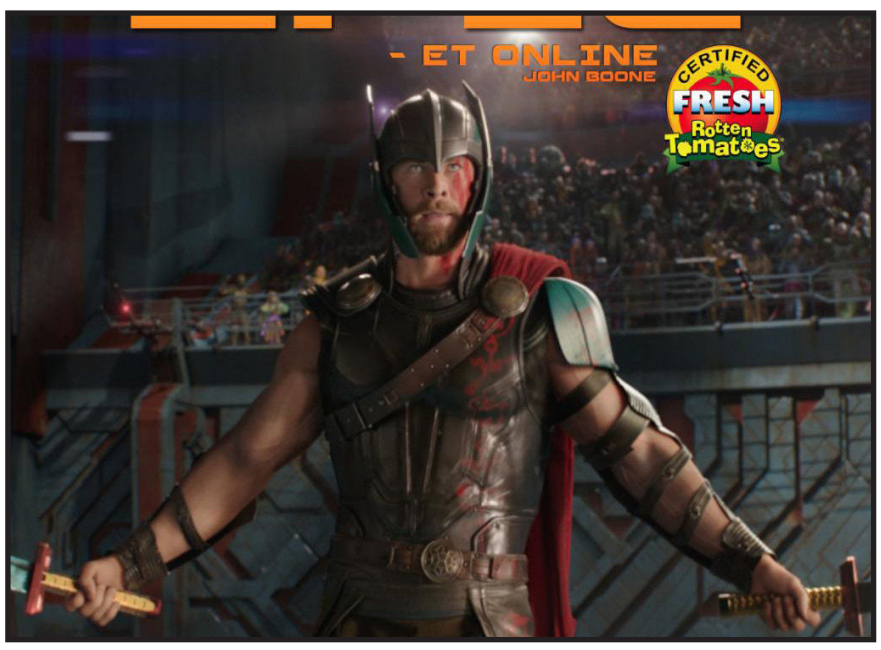
Visually impressive, the CGI work is so advanced that the details look realistic. Genuine empathy over the background of the characters leads to viewers actually wanting to watch the full movie, as missing a scene would feel like missing something important. There seems to be action and plot revelations in every minute of the film, making the script praiseworthy.

If one thing can be said about "Thor: Ragnarok," it is that it is not one of those boring movies out there; it is without hesitation one of the best movies to have premiered this year. With the visual prowess, how the plot flows and how the different characters are developed, it is hard to find a major flaw in this third part of the Thor trilogy. It is a motion picture worthy of your money spent. If the following Marvel movies follow the Thor formula, filmmakers and audience will be satisfied as it is one that will generate a lot of revenue and amusement due to the movie's quality.

Movie Review Score:
5 out of 5 Paws

Photos by @ thorofficial

"Thor: Ragnarok" has explored the intricacies of Thor's Universe more than the other prequels.



Photos by @thorofficial

Rotten Tomatoes dubbed "Thor: Ragnarok" "#1 Movie in the World."

College Days
Created by Austin Chiavaroli
"Sibling Wars"
So you have a little sister? How is it having a sibling?
She's a handful, but I deal with her like any adult.
You don't know the power of the adult side! Now listen to Mom!!

Sports

Cross Country Teams Awarded Before Final Race

By Vincent Pensabene
Sports Editor

On Nov. 8, a few of the Saint Leo Lions brought home some hardware as senior Colett Rampf, and sophomore Ronald Cheserek were both awarded as U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) Regional Athletes of the Year. Kent Reiber was also named the USTFCCCA South Region Women's Cross Country Coach of the Year.

Rampf is no stranger to this spotlight as she is now a three-time USTFCCCA South Region Women's Athlete of the Year award winner, after winning the award for her previous two seasons. She has become the first three-time runner of the year winner in the history of the South Region and the only women's cross country runner at Saint Leo to win the award. Rampf won the 2017 NCAA South Region Championship by almost fifty-two seconds ahead of the second-place runner.

Cheserek won the award for the first time in his career and is the second male to win the award in the history of the program, joining Valentin Lenz

Photo courtesy of: @saintleolions.com

Saint Leo University collected a lot of hardware as Ronald Cheserek (left), Colett Rampf (middle), and coach Kent Reiber (right) won awards from USTFCCCA.

(2013); the win came after a victory at the NCAA South Region meet.

This is the third time Coach Reiber won the South Region Coach of the Year award after winning the men's award in 2015 and women's award in 2016. He has led the Saint Leo men's and women's cross country teams to their first two South Region championships in the program's history; the men won in 2015 and the women this year. Under Reiber, the men have won the SSC title in both 2015 and 2016, with the women also winning in 2016. He was an assistant coach back in 2014 when the Lions won both the men's and women's SSC championships.

Both the men's and women's cross country teams will be traveling to Evansville, Ind. to compete at the NCAA Division II Cross Country Championships this weekend. This is the fifth consecutive season for the men to compete in the championship race and the fourth consecutive for the women. Congratulations to the award winners and good luck to all the Lions competing.

Upcoming Games Week Ending 11/17/17 - 11/23/17

Swimming M/W
11/17- @ Florida Tech Invite
11/18- @ Florida Tech Invite
11/19- @ Florida Tech Invite

Cross Country M/W
11/18- @ NCAA Cross Country Championship (Evansville, Ind.)

Men's Basketball
11/18- @ Embry-Riddle 6:00 p.m.
11/21- @ Flagler 7:00 p.m.

Women's Basketball
11/18- @ Embry-Riddle 5:30 p.m.
11/21- vs Flagler 7:00 p.m.

Women's Volleyball
11/17- vs Florida Tech 7:00 p.m.
11/18- vs Embry-Riddle 4:00 p.m.

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Fantasy Football Sleeper Picks Week 11

By Collin Moran
Online Sports Editor

There are a number of great games coming up this weekend, and fantasy football owners are starting to stress out as the playoffs get closer. With four teams on a bye this week, there are some quality players who you won't be able to put into your lineup. If you are in need of some fill-in players, here is a list of sleepers who may be able to help win you a matchup.

Samaje Perine, RB Washington Redskins:

With usual starter Rob Kelley expected to miss an extended period of time with an ankle and knee injury, Samaje Perine is going to be slotted in as the Redskins' starting running back. The rookie has been fairly disappointing so far this season averaging just 3.2 yards per carry in limited action while only catching six passes. Much of Perine's struggles could be attributed to the offensive line play as fellow running back Rob Kelley has been even worse with 3.1 yards per carry. Change of pace back Chris Thompson has been the best player in the backfield but a lot of his work comes on passing downs. Washington will be traveling to the Big Easy to take on the Saints who have allowed over 100 rushing yards per game to opposing offenses. The New Orleans' defense has been much improved in recent weeks, but the Redskins should still be able to put up a good amount of points. Perine will get the majority of the carries and all of the goal line work, so slot him in as a decent flex option with low-end RB2 upside.

John Brown, WR Arizona Cardinals:

Fantasy owners have been waiting for John Brown to break out for quite some time, and other than a 1,003 receiving yard season in 2015, it has not really happened. So far it looks to be another disappointing year for the speedster as he is on pace for only 450 yards and four touchdowns. This week provides a good time for Brown to have a big game when the Cardinals play the Houston Texans who have given up almost 270 yards per game through the air along with 19 touchdowns. Just last week, Rams' wide receiver Robert Woods scored on a 94-yard touchdown pass against the same Texans' secondary, giving Brown a good shot to try and break away for a long one as well. The fourth-year wide receiver was thrown to six times last week, so hopefully, quarterback Drew Stanton continues to look his way on Sunday. Start Brown as a low-end flex option with some WR2 upside in a great matchup.

Blake Bortles, QB Jacksonville Jaguars:

The Jaguars have quietly been one of the best teams in the league this season, mostly because of their elite defense and the great rookie season from Leonard Fournette. Quarterback Blake Bortles has tried to cut down on turnovers, but at the same time has cut down on how many passing touchdowns he has thrown. Bortles only has one game this season with multiple touchdown passes but a game this week against the Browns could be a prime matchup for him to throw for a few touchdowns. Cleveland surprisingly has one of the best run defenses in the league allowing only 3.1 yards per carry but still has a mediocre pass defense allowing 19 touchdowns compared to only six interceptions. If Fournette is unable to run the ball effectively, Bortles may have to throw more aggressively to get the ball in the end zone. Even with star wide receiver Allen Robinson out for the season, the Jacksonville offense still has plenty of talented pass catchers who can burn the Cleveland secondary. Bortles can be a great spot-start this week if he can throw for a couple of touchdowns in a good matchup.

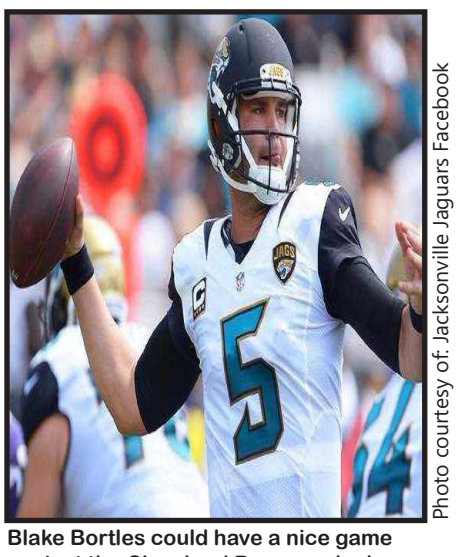

Photo courtesy of: Jacksonville Jaguars Facebook

Blake Bortles could have a nice game against the Cleveland Browns who have allowed 19 passing touchdowns so far this season.

Austin Ekeler, RB Los Angeles Chargers:

After a great game in Week 10 where the rookie Austin Ekeler scored two receiving touchdowns, the Chargers will play the Bills who have allowed a league-high 14 rushing touchdowns. Third-year running back Melvin Gordon remains the unquestioned starter in Los Angeles, but he hasn't looked great at times this season, giving Ekeler a chance to prove himself in recent weeks. This is a game that will feature two poor run defenses, and a couple of rushing scores for each side wouldn't be all that surprising. Gordon usually gets the goal line work for the Chargers, but Ekeler has been running for five yards per carry and could have a shot at finding the end zone on the ground for the second time this season. The rookie has a chance to be a weekly fantasy contributor if he continues to get double-digit touches, but for this week he has value based on the matchup alone.

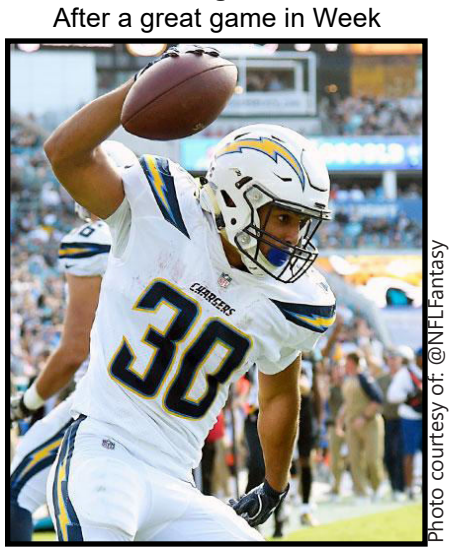

Photo courtesy of: @NFLFantasy

After receiving a career-high 10 carries last week, Austin Ekeler will look to have another productive game against the Buffalo Bills.